

We've Got Some New Moves for You!

NEW Fitness & Dance Classes Begin January 2012 at the Carrillo Recreation Center

NEW Dance & Fitness Classes for Adults Beginning January 2012

Zumba with Josette

Mon 5:45-6:45pm*; Tu 5:30-6:30pm;
Wed 7-8pm; Thurs 5:30-6:30pm*;
Fri 5:30-6:30pm*; Sat 11am-12noon
(*space limited)

Ballroom w/ Nigel Clarke

Beg/Interm: Mon 7:30-8:30pm
Interm/Adv: Mon 6:30-7:30pm

BodyCombat w/ Kat Morris

Mon & Wed 4:30-5:30pm

FREE CLASS, Wed Jan. 4

Session starts 1/9

Noon FlowFitness w/ Kat Morris

Tues & Thurs 12:05-12:55pm

FREE CLASS, Tues Jan. 3

Session starts 1/5

Weekend Warrior BeyondFit

Bootcamp w/ Kat Morris

Sat 7:30-8:30am

FREE CLASS, Sat Jan. 7

Session starts 1/14

Tai Chi Easy w/ Jessica Kolbe

Wed 10-11am

FREE CLASS, Wed Jan. 4

Session starts 1/11

Qigong for Balance & Toning w/ Jessica Kolbe

Mon 10-11am

FREE CLASS, Mon Jan. 9

Session starts 1/16

Power Vinyassa Flow Yoga w/Rachel Simone Wilkins

Mon & Wed 6:30-7:30pm

FREE CLASS, Wed Jan. 4

Session starts 1/9

Join certified Zumba instructor Josette Roozen-Tkacik for one of the hottest classes in town...offered six days a week at the Carrillo Recreation Center.



And so much more!!

•Ballroom •Salsa •Tango
•Country Line Dance
•Country Two Step
•Ballet •Hula •Tahitian
•Belly Dance •Martial Arts
Jazzercise •Swing Dance

Check the Parks & Recreation
Activity Guide or visit our
website. Register online or at
the first class.

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